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You are about to download the latest edition of the Diet Manual published by the Missouri Department of Health and Senior Services. Included in this download are several files which make up the Diet Manual.

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Printing Instructions:

Print the diet manual PDF file. Section dividers and the diet manual cover are included in the diet manual PDF. Note that growth charts, Dietary Reference Intakes and Dietary Guidelines for Americans must be printed from the linked websites and placed in the appendix where indicated. You will notice that some pages are intentionally left blank. This was done so that the manual will line up correctly when printed.

The diet manual spine is included should you wish to print this also. Even though section dividers have been included in the diet manual PDF, the tabs will make finding individual sections easier.

It is recommended that you have the entire manual three hole punched for insertion into a binder. Binders with clear plastic openings for the spine and cover work the best.

If you have any questions regarding the content of this manual, please contact us at 573/751-6183 or e-mail at BaileM1@dhss.mo.gov.

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